

## Teaching Artist Lesson

# Nutrition Beat

Developed by: Mark “Chef Moving Mark” Vanek  
“Nutrition Beat” lyrics written by Diane McNeal Hunt  
Artform(s): Dance/Movement, Music

### Description

Join Chef Moving Mark in his kitchen to learn about nutrition through rhythm and song.

### Learning Objectives

#### **Students will:**

- Learn about the four basic food groups: fruits and vegetables, grains, meats, and dairy.
- Keep a steady beat to the rap “Nutrition Beat.”
- Follow “call and response” method of reciting song lyrics.

### Students’ Prior Knowledge Necessary For This Experience

- Students should be able to understand the difference between, fruits, vegetables, grains, meats, cheeses, and sweets.

### Vocabulary

#### **Arts Vocabulary:**

- Body rhythm: rhythm sounds made by using the body as an instrument.
- Call and response / echo: phrase is stated then repeated.
- Steady beat: unchanging timing of beats.
- Unison: all together; at the same time.

#### **Curriculum Content Vocabulary :**

- Balanced meal: eating a healthy combination from different food groups.
- Healthy: strong skin, bones, muscles, mind, and spirit.
- Nutrition: eating healthy and balanced meals.

### Materials Needed

- Pictures or samples of fruits, vegetables, grains, meats, dairy, and sweets
- Lyrics for “Nutrition Beat”

## Lesson Plan

### Warm Up

- Chef Moving Mark” (or teacher) sings a greeting song, e.g., use the melody from the “Good Morning” song in the movie *Singin’ in the Rain*

## **Good Morning Song**

*Lyrics by Diane McNeal Hunt*

Good morning, good morning!  
It's great to see your face.  
Good morning, good morning!  
To you and you and you and you . . .

Good morning, good morning!  
It's great to see your face.  
Good morning, good morning!  
To YOOOOOOOOUUUUU!

## Main Experience

- Chef Moving Mark (or teacher) shows a variety of foods and talks about different food groups and how a little from each group helps create a balanced meal.
- Using the call-and-response method, practice memorizing the "Nutrition Beat." Teacher says one line, and then students repeat.

## **Nutrition Beat**

*Lyrics by Diane McNeal Hunt*

Fruits and vegetables, grains and meats,  
Cheeses are the things that we could eat.  
Sometimes sweets, but not a lot,  
'Cuz we don't want our teeth to rot!  
To grow up healthy, big, and strong,  
Eat the right food, and not the wrong.

- Use gross motor skills to create body rhythms.
  - Pat, pat, clap: two pats on knees or desk, then one clap.
  - Practice keeping a steady beat using this body rhythm.
  - Try it slowly and then get faster and faster.
- Put body rhythm and song lyrics together, still using call-and-response method.
- Finally, put body rhythm and song lyrics together but sing in unison.

## Wrap Up

- "Well, my friends, it's time for Chef Moving Mark to get back to cooking, so remember to eat the right foods and not the wrong!"

## Intentional Questions

### **Open-Ended**

- What is your favorite food?
- What is your favorite fruit? Vegetable? Meat?
- What could happen if you ate too many sweets?

### **Problem Solving/Critical Thinking**

- How could you change your favorite food to make it healthier?

### **Factual Questions**

- What is a fruit?
- What is a vegetable?
- What is a type of meat?
- What is a type of dairy?